

# Seared Greens

**Cook time:** 15 minutes

**Makes:** 6 servings

## Ingredients

**8 cups** kale or collard greens (1 1/2 pounds)

**2 tablespoons** vegetable oil (or olive oil)

**4** garlic clove (chopped)

**1 cup** water

**1/4 teaspoon** salt

**1 teaspoon** black pepper

**2 tablespoons** vinegar, cider

## Directions

1. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces.
2. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve.

USDA, Team Nutrition, Food Family Fun

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	12 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	150 mg	6%